

A HOLY HOUR FOR LIFE

Procession

Exposition of the Blessed Sacrament

Opening Prayer

O God, who adorn creation with splendour and beauty,
and fashion human lives in your image and likeness,
awaken in every heart reverence for the work of your hands,
and renew among your people a readiness to nurture and sustain your precious gift of life.
Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever. R. Amen.

Liturgy of the Word

First Reading

A reading from the Book of Genesis

Then God said, "Let the earth bring forth all kinds of living creatures: cattle, creeping things, and wild animals of all kinds." And so it happened: God made all kinds of wild animals, all kinds of cattle, and all kinds of creeping things of the earth. God saw how good it was. Then God said: "Let us make man in our image, after our likeness. Let them have dominion over the fish of the sea, the birds of the air, and the cattle, and over all the wild animals and all the creatures that crawl on the ground." God created man in his image; in the image of God he created him; male and female he created them. God blessed them, saying: "Be fertile and multiply; fill the earth and subdue it. Have dominion over the fish of the sea, the birds of the air, and all the living things that move on the earth." God also said: "See, I give you every seed-bearing plant all over the earth and every tree that has seed-bearing fruit on it to be your food; and to all the animals of the land, all the birds of the air, and all the living creatures that crawl on the ground, I give all the green plants for food." And so it happened. God looked at everything he had made, and he found it very good.

The word of the Lord.

All: Thanks be to God.

Responsorial Psalm

Guide me Lord, along the everlasting way.

O LORD, you have probed me, you know me:
you know when I sit and stand; you understand my thoughts from afar.
My travels and my rest you mark; with all my ways you are familiar. **R/**

You formed my inmost being; you knit me in my mother's womb.
I praise you, so wonderfully you made me; wonderful are your works! **R/**

Probe me, God, know my heart; try me, know my concerns.
See if my way is crooked, then lead me in the ancient paths.

R/

Gospel Acclamation

Alleluia, alleluia.

I am the living bread that came down from heaven;
whoever eats this bread will live forever.

Alleluia

Gospel

A reading from the holy Gospel according to Matthew

The disciples approached Jesus and said, "Who is the greatest in the Kingdom of heaven?"
He called a child over, placed it in their midst, and said, "Amen, I say to you, unless you turn and become like children, you will not enter the Kingdom of heaven. Whoever becomes humble like this child is the greatest in the Kingdom of heaven. And whoever receives one child such as this in my name receives me. "See that you do not despise one of these little ones, for I say to you that their angels in heaven always look upon the face of my heavenly Father.

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Homily

Silent Prayer or Recitation of the Rosary

The Lord's Prayer

Now let us offer together the prayer our Lord Jesus Christ taught us:

All: Our Father...

Benediction

Let us pray. After a brief period of silence, the presiding minister continues:
Lord Jesus Christ, you gave us the Eucharist as the memorial of your suffering and death.
May our worship of this sacrament of your body and blood help us to experience the salvation you won for us and the peace of the kingdom where you live with the Father and the Holy Spirit, one God, for ever and ever.
Amen.